

## **Afterword**

When I had a baby with Down syndrome, I personally felt that I needed useful information right away. I wondered how my baby would grow and develop and what I needed to do. This booklet was created from my desire to prevent other new moms who have children with Down syndrome from going through the same painful experiences that I did.

The extra 21st chromosome that most children with Down syndrome have is an important gift to you from your baby. The “+” sign in the title “+Happy” means the “extra happiness” that your baby has brought to you.

The subtitle “The Seeds of Happiness” was taken from the title of a CD album by Tomoko Arakawa, a recorder player with Down syndrome. With lots of love from family members, “The Seeds of Happiness” will grow quickly and the biggest flowers you have ever seen will bloom.

In order to fulfill my sincere wish for every family who obtains “+Happy - The Seeds of Happiness” to be able to raise their children with lots of smiles, I am including some calligraphy for you by Shoko Kanazawa, a calligraphy artist with Down syndrome. Last, but certainly not least, I would like to thank each and every one of you who contributed to the creation of this booklet by submitting articles and answering questionnaires.

Yurie Sahashi, 21+Happy

\* “21+Happy” is a community (circle) on the Internet for families who have children with Down syndrome or disabilities due to other chromosomal differences and for people who offer support to these families. The people in this community all live in or have connections to one of the three Tokai prefectures (Aichi, Gifu and Mie). Since 2010 we have continued to actively promote awareness by holding photo exhibitions and creating photobooks throughout Japan which show families leading fun and happy lives.

## **About the cover picture**

“Untitled” (2008)

Water-color painting and paper collage 34.8 x 24.8cm

Created by Moeko Inada

Belongs to craft atelier, La Mano

Photo and profile credit provided by the office of Yukiko Koide

## **\* Profile**

In 1985 Moeko Inada was born with Down syndrome in Kyoto. After graduating from high school, she participated in the craft atelier “La Mano,” in Machida, Tokyo, where she started creating works of art. Moeko uses various techniques and materials, but her work with torn paper is especially remarkable. Tearing painted Japanese Washi paper, putting it in water, then pasting it on a sheet of paper has a

certain rhythm to it. It shows Moeko's gentleness and strength as well as her unique color sense.

**Planning & Production:** 21+Happy (Yurie Sahashi and Yuko Otani)

**Binding & Design:** Mayumi Sawachi

**Title Calligraphy:** Saku Matsuda (Born in 2009 / 4 years old when she wrote this)

**Editing:** Masako Yamamoto and Kimiko Uehara

**Corporation:** Prof. Satoko Nakagome (Shinshu University School of Medicine, Health Department) and Hiroshi Tamai (Osaka Dental University)

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■ P61

**Calligraphy by Shoko Kanazawa - "Smile" (2012)**

\* Profile

Shoko Kanazawa

A visiting associate professor at Nihon Fukushi University (Japan Welfare University)

She was born in 1985 in Meguro, Tokyo. She started learning calligraphy from her mother Yasuko in 1990 when she was 5 years old. She held her first solo exhibition at Ginza Shoro Gallery in 2005 when she was 20 years old. She also held solo exhibitions in the following areas: (1) Kenchouji in Kamakura, (2) Kenninji in Kyoto, (3) Toudaiji in Nara, (4) the Fukuoka Prefectural Museum of Art, and (5) the Ehime Prefectural Museum of Art. She has been involved in a wide range of activities. (1) She wrote the title in calligraphy for Taira no Kiyomori, a TV historical drama series broadcasted on NHK in 2012. (2) She did dedicatory writing for Kumano Taisha Shrine, Itsukushima Shrine, and Miwa Omiwa Shrine. (3) She wrote Gyousei (Emperor's Poetry) in calligraphy as well. (4) She made a speech at the United Nation Headquarters in New York at an anniversary meeting held by Down Syndrome International <DSi> in March 2015. (5) She held her first solo overseas exhibition in New York in that same year and went on to hold solo exhibitions in Prague, Singapore, and Dubai as well.

**Message from Shoko**

Congratulations on the birth of your baby.

It has been 30 years since I was a newborn "baby."

Thanks to my generous mother, I reached 30 years even though I was scolded and cried many times.

“Mother, thank you for always staying by my side.”

(Note: Shoko, who reached the age of 30 in 2015, has fulfilled her cherished dream of living alone.)